COMMUNITY

Pages 3 –
Mary Luevanos Honored by Receiving the Arts in Community Award

EL CENTRAL HISPANIC NEWS

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SPORTS

Page 10 –
Big Time Boxing at Wayne State !!!

Martes de Carnaval: Reapertura de Donut Villa

Por Juanita Zúñiga

El Martes de Carnaval se acerca y todo el mundo quiere conseguir las donas polacas paczkis más auténticas de Detroit. Algunos le dirán que vaya a Hamtramck y haga cola en las panaderías polacas y espere que no se agoten antes de llegar, pero no es necesario; este año, deléitese con la deliciosa suavidad de un paczki aquí mismo en Donut Villa en el suroeste de Detroit.

Sí, Donut Villa, el querido local del barrio, finalmente reabrirá sus puertas. Después de estar en una ubicación temporal durante casi dos años, el propietario Gabriel Gutiérrez abrirá justo a tiempo para el Martes de Carnaval, un día de celebración e indulgencia que marca el inicio inminente de la Cuaresma para los católicos de todo el mundo.

Donut Villa fue comprada en 2018 por Gutiérrez, quien imaginaba revitalizar un elemento básico del suroeste.

"Mi idea era que durante el primer año no cambiara nada. Simplemente iba a aprender del negocio, de las operaciones, a hablar con los clientes, ver qué querían", dijo Gutiérrez.

Cont. en la pág. 8

Fat Tuesday Special: Donut Villa is Re-opening!

By Juanita Zuniga

Fat Tuesday is fast approaching, and everyone wants to get the most Authentic paczkis in Detroit. Some will tell you to head down to Hamtramck and wait in line at the Polish Bakeries and hope they don't run out before you get there, but there is no need to stand in line; this year, indulge in the delicious ooey-gooey goodness of a paczki right here at Donut Villa in Southwest Detroit.

Yes, Donut Villa, the beloved neighborhood institution, is finally reopening. After being in a temporary location for almost two years, owner Gabriel Gutierrez will open just in time for Fat Tuesday, a day of celebration and indulgence that marks the imminent beginning of Lent for Catholics around the world.

Donut Villa was bought in 2018 by Gutierrez, who envisioned revitalizing a Southwest staple.

"My thing was for the first year, I wasn't gonna change anything. I was just going to learn the business, learn the operations, talk to the customers, see what they wanted," Gutierrez said.

For 50 years, people have loved Donut Villa's beat-up orange Formica counter, but faithful customers had a couple of suggestions about bathrooms and carryout.

(L-R) Linda Sue Hoskins, Gabriel Gutierrez (owner of Donut Villa), Isabela Hernandez, Ulises Ruiz, Erik Espinoza, Michelle Sanchez. Photo provided by Alejandro Ugalde

Cont. on pg.8

Gordie Howe International Bridge Announces another $2.6 Million in Investments in Detroit and Windsor Communities

On Tuesday, February 6, the Gordie Howe International Bridge project team announced its latest funding commitments to enhance Sandwich/west Windsor and Delray/Southwest Detroit with 13 new projects, representing $2.6 million (CDN) of the Community Benefits Plan..

The six initiatives in Windsor and seven initiatives in Detroit are divided among the following community priority areas:

- $250,000 towards local history and culture
- $1.25 million toward community safety
- $540,000 toward green initiatives
- $250,000 toward food security
- $250,000 toward wellness
- $100,000 toward community partnerships.

Funding is provided through the Neighborhood Infrastructure Strategy, a $23 million (CDN) direct investment on both sides of the border, informed through extensive community feedback. Public consultation undertaken in 2023 helped identify current community priorities, and a subsequent Call for Proposals.

Also, an initiative previously identified in the Community Benefits Plan to invest in adjacent trail connections in Southwest Detroit has moved forward through a partnership with the City of Detroit. In

2024, the community will see cycling infrastructure added to Jefferson Avenue and Clark Street, facilitating a connection between the Gordie Howe International Bridge multi-use path and the City of Detroit's Joe Louis Greenway.

"The project team continues to listen to key stakeholders and communities on both sides of the border to ensure that meaningful investments occur. I am confident that these new projects will have a lasting impact on the communities of Sandwich and Delray and will complement many of the other initiatives underway through the Gordie Howe International Bridge Community Benefits Plan," said Charl van Niekerk, CEO, Windsor-Detroit Bridge Authority.

Recipients of the latest round of Community Benefits Plan grants gathered for the announcement at CHASS Center in Southwest Detroit. Photo provided by Windsor-Detroit Bridge Authority

Since 2019, the project team has partnered with over 80 US and Canadian organizations to deliver the two components of the Community Benefits Plan - the Workforce Development and Participation Strategy and Neighborhood Infrastructure Strategy.

Representing the Michigan Department of Transportation (MDOT), Director Bradley C. Wieferich stated "These announcements underscore the commitment from the WDBA and MDOT to ensuring that this great bridge provides quality of life enhancements for the citizens of Michigan beyond the addition of a game-changing modern border crossing. I'm especially pleased that our partners in Canada are prioritizing safety, green measures and more cycling and pedestrian connections."

cont. on pg.6

2 ways to sign up for
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detroitalerts365.org

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2 **Community**
American Homeboy Makes its Detroit Debut

3 **Community**
Mary Luevanos Honored by Friends and Family upon Receiving the Arts in Community Award

4 **World Cultures Special**
Claudia Sántinz - Chef

9 **Entertainment**
Grammys 2024: Latinos Winners List

10 **Sports**
Big Time Boxing at Wayne State !!!

12 **Opinion**
"MEXICO; DEMOCRACY, YES OR NO?"

13 **Jobs/ Trabajos**

American Homeboy Makes its Detroit Debut

By Jorge Casarez

On Saturday, February 3, at the Senate Theater, Southwest Detroit was given a free screening of the documentary film: American Homeboy with director Brandon Loran Maxwell. The event was organized and made possible by Nuestra Cultura Multimedia Productions from Saginaw. This was done in synch with the kick off Chicano History Week Feb 2- Feb 8.

The film was made with a collection of rare film footage from the Chicano Movement in California during the 1960s showing its roots from Zoot Suit rebellion to the rise of Cholo car culture.

It was both a snapshot of various histories showing the thread and braids of Mexican American culture as it faced birth and oppression. Interestingly it showed both via historical footage and from the words of those interviewed about what happened.

In the beginning of the film, there is footage from the 1960s of young Chicana college age women who are met by an announcer sharing solidarity and pride. He made a very quick statement that "The system wants us to fight each other…." And that is all we see of them.

Later we see how the Mexican American youth in the 1940s-1950s were enjoying their young lives dressed in very cool Zoot Suits; the extra cloth was a symbol of wealth since wartime rationing had limited the use of excessive cloth. Then in the film, we see how they are then targeted by the police and were assaulted and humiliated. Later there is retaliation by the Mexican American youth; we now see how the culture of clothes takes on a new meaning of identification and proclamation of "otherness" and how part of that expression evolves into gang activity. Some of those interviewed note how gang life ruined much of their lives, but it was their way of being cool and glorious: the joy of youth.

All of the comments of those who realize that their ways were wrong had to learn the hard way: it was the pride of arrogance that led them astray but it was the pride of family and craftsmanship that helped them grow. In the case of the director of the film, it was education that finally helped him see the light.

In looking at the film, we often forget the words that we should ponder, words that capture the whole trajectory: "the system wants us to fight each other…"

The film will be touring the country. Here in Detroit, we were given background information by the director. Later we were offered a panel discussion by Andrew Ayala, a Chicano educator from Dallas, Maria Serrato, from Lansing, founder of Capital Area Latina Youth (CALY), and Southwest Detroit's own Elton Monroy Duran, muralist/artist extraordinaire. Prior to the panel discussion, local poet Michael Reyes gave an electric spoken performance using words given to him by the audience.

Although the film doesn't spell out how sociological dynamics change or evolve a group within a group, it did however lay out a path of a much larger march, which is celebrated in Chicano History Week.

The marque at the Senate Theater on Michigan Ave. in Southwest Detroit proclaimed the screening of American Homeboy

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EL CENTRAL HISPANIC NEWS

Mary Luevanos Honored by Friends and Family upon Receiving the Arts in Community Award

By Erik Howard of Inside Southwest Detroit

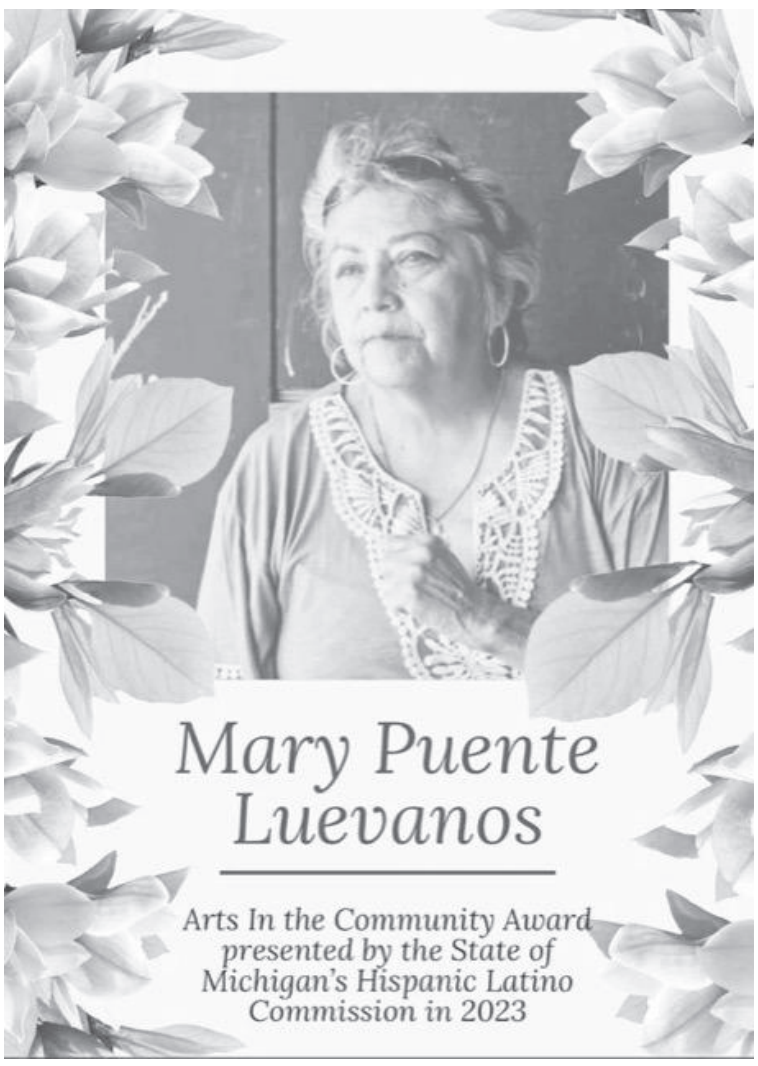
Friends, family, and colleagues gathered on Sunday January 28 at the Mexicantown Community Development Corporation on Bagley Street to surprise beloved local artist and mentor Mary Luevanos with the 2023 Michigan Hispanic Latino Commission's Arts in Community Award. Luevanos was unable to attend the original award ceremony last fall during Hispanic Heritage month in Kalamazoo.

"I knew she would shy away from a ceremony for her so it was presented as a birthday party for her granddaughter," said Theresa Rosado, founder of Casa de Rosado Galeria & Cultural Center. Rosario is also an artist who exhibited with Mary many years ago.

For decades, Mary welcomed fellow artists into Detroit's arts spaces, guided children in valuing their creative potential, facilitating artistic works & sessions in the community while creating her own work. Her enduring dedication and influence inspired Rosado to nominate her.

As Luevanos was honored, people shared stories of how she has contributed to Southwest Detroit's vibrant, resilient arts ecosystem and motivated them personally. Despite limited resources, Mary has persistently prioritized community arts and has had a significant influence by encouraging artists—from children scribbling with sidewalk chalk to painters working within cramped apartments—modeling tenacity in difficult circumstances.

Courtesy of Michael Luevanos



Courtesy of Casa de Rosado Galeria & Cultural Center

Summer Learning Initiative Launching in Southeast Michigan

Applications now open for sites looking to provide summer learning to bridge educational gaps for K-8 students!

United Way for Southeastern Michigan and Ballmer Group Philanthropy recently introduced "Summer Discovery". This innovative learning initiative is set to empower schools and students in Wayne, Oakland, and Macomb counties by providing essential funding and support for instruction and enrichment activities tailored to qualifying K-8 students during the upcoming summer. United Way for Southeastern Michigan will offer the program to students and families at no cost.

"Ballmer Group is proud to invest in summer learning and exploration for students in Southeast Michigan," said Steve Ballmer, Co-Founder of Ballmer Group and Detroit native. "We know the importance of summer in maintaining students' progress and providing enrichment. We're supporting schools to offer opportunity to kids in Southeast Michigan who wouldn't have the same chances as kids in other parts of Michigan. The importance of access to opportunity cannot be overstated."

According to a recent survey conducted by United Way for Southeastern Michigan, 76% of parents and 82% of community leaders agree that there are not enough summer enrichment programs for students in the region, and 68% of parents cite transportation and cost as barriers to enrolling their children in the limited programs that are available.

"This investment in summer programming fills a long-standing gap in equal access to providing all children, regardless of zip code, with a safe learning environment over the summer," said Dr. Nikolai Vitti, Superintendent of Detroit Public Schools Community District. "DPSCD is grateful for this meaningful, thoughtful, and strategic investment in our Detroit families, students, and community."

Summer Discovery is a regional effort designed for students and families in Southeast Michigan, where many students need more access to learning and activity opportunities during the summer break. The program will offer enrichment activities that increase exposure and interest in careers, engage families, and provide fun learning experiences.

"We are thrilled to launch Summer Discovery with these amazing partners. Together, we're working to ensure that students in Southeastern Michigan have access to high-quality summer learning opportunities," said Dr. Darienne Hudson, president and CEO of United Way for Southeastern Michigan. "These proven, effective, and engaging enrichment activities will help students maintain and grow their learning after the school year ends. Summer Discovery will prevent learning loss, close opportunity gaps, and foster a love of learning and a sense of belonging among our students."

Ballmer Group has engaged Building Impact Partners and United Way for Southeastern Michigan to develop this program. Building Impact Partners (BI), a philanthropic advising organization that has successfully implemented and managed similar programs in New York and Indiana, is leading the project. BI comes to this work with deep roots in supporting philanthropic partners through launching high-impact grantmaking initiatives and will provide project management and support for applicants throughout the process.

Interested schools are invited to apply now through March 1. Schools across Macomb, Oakland, and Wayne counties may apply as a Summer Discovery site. All sites will have access to a math and English/language arts curriculum created by Lavinia Group that is aligned with Michigan state standards, teacher training, and other resources to successfully administer the program if the Lavinia curriculum is selected.

Grantees have the flexibility to create programs that resonate with the needs and interests of their students, teachers, and families. Sites that use the Lavinia RISE curriculum are eligible for teacher training resources. The grants, up to $2,000 per student, can be used to introduce or enhance existing programs or reduce barriers such as transportation.

These guidelines are designed to ensure that each program funded by Summer Discovery enhances academic skills, fosters a love of learning, nurtures student interests, and provides a comprehensive summer experience that benefits both students and their families.

Interested schools can visit https://www.summerdiscoverymi.org/ for more details or to apply for this grant. The deadline to apply is March 1, 2024. Questions about the application or the Summer Discovery program can be directed to summerdiscoverymi@buildingimpact.co.

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Diles que lo Viste en *EL CENTRAL*

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SPECIAL, WORLD'S CULTURES

Claudia Sántinz – Chef

Claudia Albertina Ruiz Sántiz - One Of The 50 Best Chefs In The World

Claudia Albertina Ruiz Sántiz appeared in April 2021 on the organization's 50 Next list: The World's 50 Best Restaurants and The World's 50 Best Bars. From that day on, her name appeared in several international spaces such as FORBES, EL FINANCIERO, EL PAÍS, MILENIO, ANIMAL GOURMET, CNN, TELEVISA, UNOTV, among others.

The name comes from her restaurant Kokono (epazote in the Tzoztil language), or also the Casa Sántiz in San Cristóbal de las Casas, Chiapas.

Currently, to get a place as a diner in their restaurant, it is necessary to make an advance reservation because it is quite common for it to be full, but the variety of both traditional and signature dishes ensures a very special tasting and takes us into its history.

The renowned chef Claudia Sántiz recognizes "how important our roots are, that inspires me to continue proposing, working and sharing our feelings towards food. Everything is linked to the universe and everything has life. When we go to the field we ask the land for permission to plant. Everything has a cycle and we have to respect it, unfortunately this is being lost and that is why nature is complaining, we have disconnected from the universe, we must remember that, just as it gives us, we have to return."

Not everything was easy for her, she had to fight against many adversities from working and studying to taking care of her parents when they got sick and it was up to her to do so to respect the Tzotzil tradition that recognizes that this task falls to the eldest of the siblings, and she also suffered great adversities because being indigenous, only one phrase lifted her up again and again: "let my work speak and not my mouth."

She is an active promoter of the Slow Food movement, which promotes the pleasure of food, conscious consumption and the sustainability of the planet with crops that respect nature and animals.

In addition to her creations, Kokono stands out for being a team made up solely of young women who want to continue studying.

"My goal is to give the necessary tools, the drive and reach out to people, mainly indigenous people, who want to continue improving themselves to achieve success. "Let money not be an obstacle to your preparation."

Claudia Sántiz carries out workshops with children with the aim of promoting taste and development of culinary skills.

Roberto Ayon Ballesteros

Tell them you saw it in Diles que lo viste en
EL CENTRAL

ESPECIAL CULTURAS DEL MUNDO

Claudia Sántinz – Chef

Claudia Albertina Ruiz Sántiz - Una de más mejores chefs de mundo

Claudia Albertina Ruiz Sántiz, apareció en abril de 2021 en la lista de 50 Next, de la organización: The World's 50 Best Restaurants y The World's 50 Best Bars. A partir de ese día su nombre apareció en varios espacios internacionales como FORBES, EL FINANCIERO, EL PAÍS, MILENIO, ANIMAL GOURMET, CNN, TELEVISA, UNOTV, entre otros.

El nombre de su restaurante Kokono (epazote en lengua tzoztil), o también el Casa Sántiz en San Cristóbal de las Casas, Chiapas.

En la actualidad para lograr un lugar como comensal en su restaurante, se requiere hacer una reservación anticipada porque es bastante frecuente que se encuentre lleno, pero la variedad de platillos tanto tradicionales como de autor aseguran su degustación tan especial y nos proyecta a su historia.

La reconocida chef Claudia Sántiz reconoce "lo importante que son nuestras raíces, eso me inspira a seguir proponiendo, trabajando y compartiendo nuestro sentir hacia los alimentos. Todo va ligado al universo y todo tiene vida. Cuando vamos al campo pedimos permiso a la tierra para sembrar. Todo tiene un ciclo y tenemos que respetarlo, desgraciadamente esto se está perdiendo y por eso hay reclamo de la naturaleza, nos hemos desconectado con el universo, debemos recordar que, así como nos da, nosotros tenemos que regresar".

No todo fue fácil para ella, tuvo que luchar contra muchas adversidades desde trabajar y estudiar hasta cuidar de sus padres cuando se enfermaron y a ella le correspondió hacerlo para respetar la tradición tzotzil que reconoce que en el mayor de los hermanos recae esa tarea, además sufrió grandes adversidades porque ser indígena, sólo una frase la levantó una y otra vez: "hable mi trabajo y no mi boca".

Es una promotora activa del movimiento Slow Food, el cual promueve el placer de la comida, el consumo consciente y la sostenibilidad del planeta con cultivos respetuosos con la naturaleza y con los animales.

Además de sus creaciones, Kokono destaca por ser un equipo integrado únicamente por mujeres jóvenes que quieren seguir estudiando.

"Mi objetivo es dar las herramientas necesarias, el impulso y tender la mano a las personas, principalmente indígenas, que quieran seguir superándose para alcanzar el éxito. Que el dinero no sea un obstáculo para su preparación".

Claudia Sántiz lleva a cabo talleres con niños con el afán de impulsar el gusto y desarrollo por las habilidades culinarias.

Roberto Ayón Ballesteros

Sigue cada semana en **EL CENTRAL** nuestro

ESPECIAL CULTURAS DEL MUNDO,

by Mariana Ayón RV

Gordie Howe International Bridge Investments

Con't from pg. 1

The Community Benefits Plan launched in 2019, with $20 million (CDN) in funding through the Neighborhood Infrastructure Strategy. In 2024, WDBA extended the five-year Plan with an additional year and $3 million (CDN) to be split between the two host communities. The Plan's total investment is now $23 million (CDN), with delivery running into 2026.

• As of 2024, the Neighborhood Infrastructure Strategy is comprised of 51 unique initiatives focused toward the communities of Sandwich/west Windsor and Delray/ Southwest Detroit.

Details on the new initiatives, which will be delivered over 2024-2025, are available at GordieHoweInternationalBridge.com.

2024 COMMUNITY BENEFITS PLAN NEW INITIATIVES

MOBILE WI-FI AND CHARGING STATIONS
Partner: Bridging Communities, Inc.
Categorization: Community safety
Timing: 2024

Five solar-powered cell phone charging and Wi-Fi stations will be strategically installed throughout Southwest Detroit offering residents the ability to charge cell phones and access the internet 24/7. The mobile stations will be monitored by residents, block clubs and community organizations.

HEALTHY HABITS PROGRAMMING
Partner: Community Health and Social Services (CHASS) Center
Categorization: Food security
Timing: 2024-2025

The Healthy Habits programming includes strategic components to address food security and support wellness in the community. Funding will be directed to CHASS' Mercado, providing prescriptions for fresh produce, nutrition and healthy eating programming and wellness activities for local youth and families.

UNITY HOUSE IMPROVEMENTS AND PROGRAMMING
Partner: Graft Living Studios
Categorization: Green initiatives
Timing: 2024-2025

Funding will support renovations at Unity House community center in Southwest Detroit. Once renovations are complete, green programming including community gardening, education classes, workshops and events will be delivered in the space. The community center will also include a resource library with access to various rental items and an information kiosk to connect residents with broader services.

INTERNATIONAL HERITAGE CAMP
Partner: The Detroit River Project
Categorization: Wellness
Timing: 2024

Camp Freedom at Midnight is an international heritage camp that encourages young people from Detroit and Windsor to discover the history, culture and heritage of the Detroit River region. Funding will allow the year-round camp to offer an immersive educational experience with outdoor activities and other engaging programming to local youth.

ENVIRONMENTAL STEWARDSHIP PROGRAMMING
Partner: The Greening of Detroit
Categorization: Green initiatives
Timing: 2024-2025

Southwest Detroit youth and adults will be engaged in activities designed to promote environmental awareness and increase capacity to become environmental stewards in the community. Activities will include school-based programming for elementary and middle school-aged children, Green Corps summer youth employment opportunities for high school-aged youth and community programming and reforestation activities to engage local adults.

AMERICORPS URBAN SAFETY PROGRAMMING
Partner: Wayne State University-Center for Urban Studies
Categorization: Community safety
Timing: 2024-2025

A series of community safety programs and interventions will be delivered throughout Delray and Southwest Detroit by local youth service corps members. Community safety will be promoted through events, patrols, business focused safety initiatives, beautification of vacant spaces and providing automobile and home safety interventions to local residents.

COMMUNITY CAPACITY BUILDING
SUMMITS - CANADA & US
Partner: To be determined
Timing: 2024

One-day events will be held in Sandwich and Southwest Detroit for local non-profit and charitable organizations to attend sessions that will enhance local knowledge of grant writing, reporting and organizational capacity building.

For more information about the Gordie Howe International Bridge project and Community Benefits Plan, visit www.GordieHoweInternationalBridge.com or call 1-844-322-1773.

6th Annual Automotive Cup Hockey Game GM Hockey Night In Detroit!

It's all General Motors employees in this year's automotive-themed hockey battle as the reigning Automotive Cup champions return to Clark Park's outdoor ice rink to face off for charity on Saturday, February 17.

The annual event looks a bit different this year, kicking off with a men's game and co-ed skills competition before the women's teams take to the ice. Gates open at 4 pm and concessions – including those donated by Detroit's own Green Dot Stables and Motor City Brewing Works – will be available for donation. The men face off at 5pm, immediately followed by the skills competition at 6:15pm and the puck drops for the women's game at 7pm. Both games will consist of three fifteen-minute periods.

The skills test will decide the hardest slapshots, the fastest skaters, and the most accurate with puck placement. If you're feeling like a little friendly competition for a good cause, the wildly popular Chuck-a-Puck and silent auction are back and will be joined this year by a 50/50 raffle.

A $10 donation at the gate is suggested; all event proceeds directly benefit Clark Park Coalition and Matrix Theatre Company, two nonprofits located in and serving the residents of Southwest Detroit. Cash and digital payments will be accepted at all donation points.

"We know the event won't look quite the same as in years past, but these four teams – made up entirely of GM employees – are excited to make a night of it. We're hopeful a few more executives will pitch in on the donations this year to help us hit our fundraising goal. I'm not sure they realize just how impactful their donations would be," said Birdie Buckley-Ball, co-founder of the event and GM employee. "It's going to be tough to hit the same kind of fundraising numbers as we have in previous years, especially without the benefit of the 'team vs. team' fundraising competition. But," she added, "like you'll see on the collars on our jerseys, Team GM is One Team, and we're stronger when we work together."

"Both of these organizations are doing incredible – and important – work in this community," Buckley-Ball continued. "This event has never been about who takes home the trophy. We're all just thrilled to be able to do our part to support them."

If you'd like to help Team GM reach their fundraising goal to benefit these two nonprofit organizations, go to matrixtheatre.org and click on "Donate." Sponsors for the 6th Annual Automotive Cup include Ideal Contracting, the Brennan Group, Pappas Consulting, Molly McMahon & Brian Cronin, and James Pappas.

For further information, to donate online, or to become an event sponsor, visit www.matrixtheatre.org or call 313 967 0999. Donations by check can be made payable to Matrix Theatre Company and mailed to or dropped off at 2730 Bagley, Detroit, MI 48216, Attn: Auto Cup.

Automotive Cup flyer design by Marisa Dluge

Photo provided by Jon DeBoer

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FOOD AND DRINK

Ensalada de Pollo

Ingredients
• 2 cups gold potatoes, peeled and diced
3/4 cup mayonnaise
1/3 cup sour cream
1 tablespoon lime juice
1 tablespoon jalapeño brine, juice from pickled jalapeños
2 teaspoons kosher salt
16 ounces frozen mixed vegetables (carrots, peas, and corn), thawed
4 cups chicken, cooked and shredded
2 green onions, thinly sliced
1 tablespoon cilantro, finely chopped
tostadas, optional, for serving

Ready In:
1 hour and 20 minutes

Step 1 -
In a medium pot, add the potatoes.
Step 2 -
Fill the pot with water until the potatoes are covered.
Step 3 -
Place the pot over high heat and bring it to a boil.
Step 4 -
Reduce to a simmer and cook the potatoes until they are fork tender, about 8 minutes.
Step 5 -
Drain the water and place the potatoes in a large bowl.
Step 6 -
While the potatoes are cooking, in a small bowl, whisk the mayo, sour cream, lime juice, the jalapeño brine, and salt until smooth.
Step 7 -
In the same large bowl as the potatoes, add the thawed vegetable mix, chicken, green onions, and cilantro.
Step 8 -
Pour the mayo mixture over the chicken and veggie mixture. Mix to combine.
Step 9 -
Cover and store in the fridge until chilled, at least 1 hour, and up to overnight.
Step 10 -
Serve on the tostadas, with chips, or on bread as a sandwich. Store in the fridge, covered, for 3 days.

French Onion Chicken Meatballs

Ingredients
For the meatballs:
• 2 tablespoons extra virgin olive oil
1 pound ground chicken
1/2 cup Gruyère cheese or Swiss cheese
1/4 cup breadcrumbs
2 tablespoons parsley, chopped
1 large egg, beaten
2 cloves garlic, minced
1 teaspoon kosher salt
ground black pepper, to taste
For the sauce:
4 tablespoons butter
2 large onions, thinly sliced
2 cloves garlic, minced
2 cups low-sodium beef broth
2 teaspoons thyme, chopped, plus more, to taste, for garnish
kosher salt, to taste
ground black pepper, to taste
1 1/2 cups Gruyère cheese or Swiss cheese

Ready In:
1 hour and 5 minutes

Step 1 -
Preheat the oven to 425 degrees F.
Step 2 -
Line a large baking sheet with foil and rub it with the extra-virgin olive oil.
Step 3 -
In a large bowl, combine the ground chicken, 1/2 cup of the Gruyère cheese, the breadcrumbs, the parsley, the egg, and 2 of the minced garlic cloves.
Step 4 -
Season the chicken mixture with 1 teaspoon of the salt and the pepper.
Step 5 -
Using your hands, form the chicken mixture into 16 meatballs.
Step 6 -
Place the meatballs on the prepared baking sheet and bake until golden and cooked through at 165 degrees F, about 25 minutes.
Step 7 -
While the meatballs are baking, in a large skillet over medium heat, melt the butter.
Step 8 -
Add the onions to the butter and cook, stirring the onions often, until they are very soft and golden, about 25 minutes.
Step 9 -
Add the remaining garlic to the onion mixture and cook until fragrant, about 1 minute.
Step 10 -
Add the beef broth and 2 teaspoons of the thyme to the onion mixture.
Step 11 -
Season the onion mixture with the remaining salt and the pepper.
Step 12 -
Bring the broth mixture to a boil, then reduce to medium heat.
Step 13 -
Let the broth mixture simmer until slightly thickened, about 10 minutes.
Step 14 -
Add the baked meatballs to the broth mixture and sprinkle with the remaining Gruyère cheese.
Step 15 -
Cover the skillet with a lid and cook until the meatballs are warmed through, and the cheese is melted, for about 5 minutes.
Step 16 -
Serve warm.

Diles que lo Viste en
EL CENTRAL

Tell them you saw it in
EL CENTRAL

Donut Villa is Re-opening!

Con't from pg. 1

Gutierrez listened and planned to add a drive-thru window and a restroom and update the building in its entirety without changing its essence.

"I want to make everyone feel comfortable and at home and welcomed at all times. That's my goal with this," Gutierrez said.

Renovations were supposed to begin in 2020 but were stalled because of the pandemic. Once restrictions were lifted, construction began in July 2022, and what was supposed to only take about three to four months turned into nearly two years because of complications with the building, licensing, and more.

"Taco Bell was banging, McDonald's was banging," Gutierrez said. "Not only do I need a drive-through 'cause my customers are asking me for one, I need a drive-through because it will protect me from having to close my doors, and I won't be able to serve the public."

Gutierrez knew his community missed the mornings they spent huddled in the historic establishment. For some, it was a part of their daily routine. For others, it was a home away from home. People missed their coffee, donuts, and the chisme (gossip).

"It's a big deal because of the customers who come here in the morning to start their day with us. You know, [being closed] it's a big disruption in their routine," Gutierrez said.

In 2022, he decided to open in a temporary location down the block at La Hacienda, a Mexican food company that produces handmade tortillas and corn chips established by Gutierrez's parents in 1994. If you wanted your regular double-double (double cream and double sugar) or a delicious old-fashioned glazed donut, you could stop in there on your morning runs.

Though the temporary location brought donuts back physically, the place where community members came to meet was missing. Nothing beats having a seat inside along the S-shaped Formica counter, having a cup of good coffee, and listening to the voices of the community.

In addition, at the re-grand Opening, Community members will see the renovated gem. From the drive-through window to new bathrooms, customers will once again be able to spend their mornings at Donut Villa, building community as they have been for decades.

While some aesthetic things have changed, Donut Villa will continue to offer its usual selection of donuts, and its famous coffee will always keep it unique. Especially being located in such a diverse and flavorful community.

"Part of being in the business and being in the community is kind of innovating a little bit on that. And so, we try to create other flavors that people are gonna have fun enjoying," Gutierrez said.

On Paczki Day, Tuesday, February 13th, Gutierrez and his newly-trained staff will offer all the traditional flavors like prune and apricot, custard, jelly and will introduce--Dulce de Leche, a familiar and loved flavor in the Latino community turned into a paczki delicacy.

Photos provided by Alejandro Ugalde

Juanita Zuniga is a graduate of Kalamazoo College with a degree in Anthropology/Sociology and English. She was born and raised in SW Detroit and still resides here today. She is very passionate about her community and hopes to serve her community through writing. Juanita is a Latin history and music enthusiast in her spare time. She is also a Cancer Sun, Libra Moon, and Cancer Rising.

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This story was made possible by the Race and Justice Reporting Initiative at the Damon J. Keith Center for Civil Rights. The goal of the initiative is to build trust between the news media and Black, Indigenous, and People of Color communities to strengthen representative democracy.

Reapertura de Donut Villa

Con't from pg. 1

Durante 50 años, a la gente le ha encantado el destartalado mostrador de formica naranja de Donut Villa, pero los clientes fieles tuvieron un par de sugerencias sobre baños y comida para llevar. Gutiérrez escuchó y planeó agregar una ventana de acceso para vehículos y un baño y actualizar el edificio en su totalidad sin cambiar su esencia.

"Quiero que todos se sientan cómodos, como en casa y bienvenidos en todo momento. Ese es mi objetivo con esto", dijo Gutiérrez.

Se suponía que las renovaciones comenzarían en 2020, pero se estancaron debido a la pandemia. Una vez que se levantaron las restricciones, la construcción comenzó en julio de 2022, y lo que se suponía que solo tomaría entre tres y cuatro meses se convirtió en casi dos años debido a complicaciones con la construcción, las licencias y más.

"Taco Bell y McDonald's hacían ruido", dijo Gutiérrez. "No solo necesito un autoservicio porque mis clientes me lo piden, sino que también lo necesito porque me protegerá de tener que cerrar mis puertas y no poder atender al público. "

Gutiérrez sabía que su comunidad extrañaba las mañanas que pasaban acurrucados en el establecimiento. Para algunos, era parte de su rutina diaria. Para otros, era un hogar lejos del hogar. La gente extrañaba el café, las donas y el chisme.

"Es muy importante porque los clientes vienen aquí por la mañana para comenzar el día con nosotros. Ya sabes, (cerrar) es una gran alteración en su rutina", dijo Gutiérrez.

En 2022, decidió abrir en una ubicación temporal en La Hacienda, una empresa de comida mexicana que produce tortillas hechas a mano y chips de maíz establecida por los padres de Gutiérrez en 1994. Si quería su doble-doble habitual (doble crema y doble azúcar) o una deliciosa dona glaseada a la antigua, podía parar allí durante sus carreras matutinas.

Aunque la ubicación temporal hizo que las donas regresaran físicamente, faltaba el lugar donde se reunían los miembros de la comunidad. No hay nada mejor que sentarse en el mostrador de formica en forma de S, tomar una taza de buen café y escuchar las voces de la comunidad.

Además, en la nueva gran inauguración, los miembros de la comunidad verán la joya renovada. Desde la ventanilla de acceso para vehículos hasta los nuevos baños, los clientes una vez más podrán pasar sus mañanas en Donut Villa, construyendo una comunidad como lo han hecho durante décadas.

Si bien algunas cosas estéticas han cambiado, Donut Villa seguirá ofreciendo su selección habitual de donas y su famoso café siempre lo mantendrá único. Especialmente al estar ubicado en una comunidad tan diversa y sabrosa.

"Parte de estar en el negocio y estar en la comunidad es innovar un poco en eso. Por eso, tratamos de crear otros sabores que la gente disfrute", dijo Gutiérrez.

El día de Paczki, el martes 13 de febrero, Gutiérrez y su personal recién capacitado ofrecerán todos los sabores tradicionales como ciruela y albaricoque, natillas, gelatina y presentarán el dulce de leche, un sabor familiar y querido en la comunidad latina convertido en un manjar paczki.

Juanita Zúñiga se graduó de la Universidad de Kalamazoo con una licenciatura en Antropología/ Sociología e Inglés. Nació y creció en el suroeste de Detroit y todavía reside aquí. Ella siente mucha pasión por su comunidad y espera servirla a través de la escritura. Juanita es una entusiasta de la historia y la música latina en su tiempo libre. Ella también es Sol de Cáncer, Luna de Libra y Cáncer Ascendente.

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Esta historia fue posible gracias a la Iniciativa de Informes sobre Raza y Justicia del Centro Damon J. Keith para los Derechos Civiles. El objetivo de la iniciativa es generar confianza entre los medios de comunicación y las comunidades negras, indígenas y de color para fortalecer la democracia representativa.

Traducción por Carmen Elena Luna

ENTRETENIMIENTO

Grammys 2024: Latinos Winners List

The 66th annual GRAMMY Awards are here. Taking place at the Crypto.com arena in Los Angeles, the Recording Academy recognizes outstanding achievements in the music recording industry with various categories and genres. There were several Latinos nominated for awards, see who is taking home a coveted GRAMMY.

Peso Pluma: Best Música Mexicana Album (Including Tejano)

Mexican superstar Peso Pluma, real name, Hassan Emilio Kabande Laija, wins his first ever GRAMMY for Best Música Mexicana Album (Including Tejano) with his album - Génesis. Other artists nominated in the category were, Ana Bárbara - Bordado a Mano, Lila Downs – La Sánchez, Flor de Toloache – Motherflower, Lupita Infante – Amor Como en las Películas de Antes.

Rubén Blades con Roberto Delgado & Orquesta: Tropical Latin Album

Panamanian icon Rubén Blades takes home the award for Tropical Latin Album for Siembra: 45º Aniversario (En Vivo en el Coliseo de Puerto Rico. Other artists nominated in the category were, Luis Figueroa – Voy a Ti, Grupo Niche y Orquesta Sinfónica Nacional de Colombia – Niche Sinfónico, Omara Portuondo – VIDA, Tony Succar, Mimy Succar – MIMY & TONY, and Carlos Vives – Escalona Nunca Se Había Grabado Así.

Gaby Moreno - Best Latin Pop Album

Guatemalan singer Gaby Moreno takes home Best Latin Pop Album for X Mí (Vol. 1). She beats, Pablo Alborán- La Cuarta Hoja, AleMor- Beautiful Humans, Vol. 1, Paula Arenas - Ciegas, Pedro Capó - La Neta, and MalumaX - Don Juan.

Karol G - Best Música Urbana Album

Karol G wins her first grammy for Best Música Urbana Album for MAÑANA SERÁ BONITO. Others nominated were Rauw Alejandro - SATURNO, and Tainy - GDATA.

Juanes and Natalia Lafourcade tie for Best Latin Rock or Alternative Album

Colombian powerhouse Juanes - Vida Cotidiana and Mexican singer and songwriter Natalia Lafourcare - De Todas Las Flores tie for Best Latin Rock or alternative album. Also nominated for the award were Cabra - MARTÍNEZ, Diamante Eléctrico - Leche De Tigre, and Fito Paez - EADDA9223.

Miguel Zenón & Luis Perdomo - Best Latin Jazz Album

Puerto Rican saxophonist Miguel Zenón and Venezuelan pianist and composer Luis Perdomo take hom the awards for Best Latin Jazz Album for El Arte Del Bolero Vol. 2. Other nomines included Eliane Elias - Quietude Ivan Lins With The Tblisi, Symphony Orchestra - My Heart Speaks, Bobby Sanabria Multiverse Big Band - Vox Humana,and Luciana Souza & Trio Corrente - Cometa.

The Count Basie Orchestra - Best Large Jazz Ensemble Album

The Count Basie Orchestra Directed By Scotty Barnhart, wins best ensemble album for Basie Swings The Blues.

Karol G

Also nominated were Ritmo by ADDA Simfònica, Josep Vicent, Emilio Solla - ADDA Simfònica, Darcy James Argue's Secret Society - Dynamic Maximum Tension, The Count Basie Orchestra Directed By Scotty Barnhart - Basie Swings The Blues, Vince Mendoza & Metropole Orkest - Olympians Mingus Big Band - The Charles Mingus Centennial Sessions

123 Andrés - Best Children's Music Album

Colombian wife and husband duo 123 Andrés win the award for Best Children's Music Album. Other artists nominated were Andrew & Polly - Ahhhhh!, Pierce Freelon & Nnenna Freelon - Ancestars, DJ Willy Wow! - Hip Hope For Kids!, Uncle Jumbo - Taste The Sky, We Grow Together - Preschool Songs

Grammy 2024: Lista de ganadores latinos

La 66ª entrega anual de los premios GRAMMY ya está aquí. La Academia de Grabación, que se lleva a cabo en el estadio Crypto. com de Los Ángeles, reconoce logros destacados en la industria discográfica de música con varias categorías y géneros. Hubo varios latinos nominados a premios, mira quién se lleva a casa un codiciado GRAMMY.

Peso Pluma: Mejor Álbum de Música Mexicana (Incluyendo Tejano)

La superestrella mexicana Peso Pluma, nombre real, Hassan Emilio Kabande Laija, gana su primer GRAMMY al Mejor Álbum de Música Mexicana (Incluyendo Tejano) con su álbum Génesis. Otros artistas nominados en la categoría fueron Ana Bárbara - Bordado a Mano, Lila Downs – La Sánchez, Flor de Toloache – Motherflower, Lupita Infante – Amor Como en las Películas de Antes.

Rubén Blades con Roberto Delgado & Orquesta: Álbum Latino Tropical

El ícono panameño Rubén Blades se lleva a casa el premio al Álbum Tropical Latino por Siembra: 45º Aniversario (En Vivo en el Coliseo de Puerto Rico. Otros artistas nominados en la categoría fueron, Luis Figueroa – Voy a Ti, Grupo Niche y Orquesta Sinfónica Nacional de Colombia – Niche Sinfónico, Omara Portuondo – VIDA, Tony Succar, Mimy Succar – MIMY & TONY, and Carlos Vives – Escalona Nunca Se Había Grabado Así.

Gaby Moreno - Mejor Álbum de Pop Latino

La cantante guatemalteca Gaby Moreno se lleva a casa Mejor Álbum Pop Latino por X Mí (Vol. 1). Ella late, Pablo Alborán- La Cuarta Hoja, AleMor- Beautiful Humans, Vol. 1, Paula Arenas - Ciegas, Pedro Capó - La Neta y MalumaX - Don Juan.

Karol G - Mejor Álbum de Música Urbana

Karol G gana su primer Grammy al Mejor Álbum de Música Urbana por MAÑANA SERÁ BONITO. Otros nominados fueron Rauw Alejandro – SATURNO, y Tainy – GDATA.

Juanes y Natalia Lafourcade empatan como Mejor Álbum de Rock Latino o Alternativo

La potencia colombiana Juanes - Vida Cotidiana y la cantante y compositora mexicana Natalia Lafourcare - De Todas Las Flores empatan como Mejor Álbum de Rock Latino o alternativo.

También fueron nominados al premio Cabra - MARTÍNEZ, Diamante Eléctrico - Leche De Tigre y Fito Paez - EADDA9223.

Miguel Zenón & Luis Perdomo - Mejor Álbum de Jazz Latino

El saxofonista puertorriqueño Miguel Zenón y el pianista y compositor venezolano Luis Perdomo se llevan los premios al Mejor Álbum de Jazz Latino por El Arte Del Bolero Vol. 2. Otros nominados incluyeron a Eliane Elias - Quietude Ivan Lins With The Tblisi, Symphony Orchestra - My Heart Speaks, Bobby Sanabria Multiverse Big Band - Vox Humana y Luciana Souza & Trio Corrente - Cometa.

The Count Basie Orchestra - Mejor álbum de gran conjunto de jazz

The Count Basie Orchestra, dirigida por Scotty Barnhart, gana el premio al mejor álbum conjunto por Basie Swings The Blues. También estaban nominados Ritmo de ADDA Simfònica, Josep Vicent, Emilio Solla - ADDA Simfònica, Darcy James Argue's Secret Society - Dynamic Maximum Tension, The Count Basie Orchestra Dirigida por Scotty Barnhart - Basie Swings The Blues, Vince Mendoza & Metropole Orkest - Olympians Mingus Big Banda - Las sesiones del centenario de Charles Mingus

123 Andrés - Mejor Álbum de Música Infantil

El dúo colombiano de esposa y esposo 123 Andrés gana el premio al Mejor Álbum de Música Infantil. Otros artistas nominados fueron Andrew & Polly - Ahhhhh!, Pierce Freelon & Nnenna Freelon - Ancestars, DJ Willy Wow! - ¡Hip Hope For Kids!, Uncle Jumbo - Prueba el cielo, crecemos juntos - Canciones preescolares

Big Time Boxing At Wayne State !!!

EL CENTRAL
HISPANIC NEWS
SPORTS

Sports Editor: Dan Graschuck/ EL CENTRAL

On Tuesday, February 20th, 2024, Salita Promotions will hold Big Time Boxing USA, at the Wayne State University Fieldhouse.

The boxing event will be televised on DAZN.

Some of the boxers, who will be boxing at the event, are, Marlon Harrington (from Detroit), Joshua Pagan (Grand Rapids), Dwane Taylor (from Lincoln Park), Da'Velle Smith (from Dearborn), and Cameran Pankey (from Pontiac).

Salita Promotions held a workout, at the Downtown Boxing Gym, in which Marlon Harrington, Joshua Pagan, Dwane Taylor, Da'Velle Smith, and Cameran Pankey, workout.

Tickets for the live event are on sale now and can be purchased online at https://www.etix.com/ticket/p/99102508/big-time-boxing-usa-detroit-wayne-state-fieldhouse or in-person at the Wayne State Fieldhouse Box Office. This will be the first boxing event at Wayne State Fieldhouse, the home to the Detroit Pistons' G-League affiliate, the Motor City Cruise, and comes after Salita Promotions delivered the first boxing event ever at Little Caesars Arena, the home of the Pistons, in June 2023.

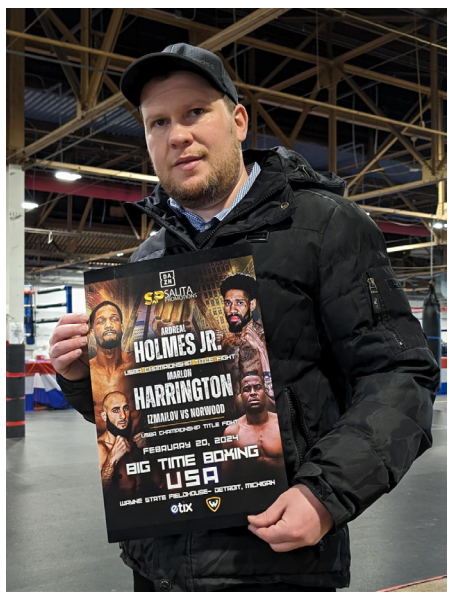
Photos below are highlights from the workout at the Detroit Boxing Gym

Photos by Dan Graschuck/ EL CENTRAL

Da'Velle Smith

Cameran Pankey

Dwane Taylor



Pro boxing promoter Dmitriy Salita of Salita Promotions, holds flyer for upcoming boxing event

Joshua Pagan (L) with his father Victor Pagan (R). Pagans grandparents are from Puerto Rico

Marlon Harrington (R) sparring with trainer Julio Hernandez (L, of World's Best Gym in Detroit)

EL CENTRAL HISPANIC NEWS
Pateando la No. 5
SPORTS

FIFA ANNOUNCES WORLD CUP SCHEDULE

David Levine
EL CENTRAL

When FIFA announced that it would have a World Cup schedule reveal show on Fox television, fans and media eagerly speculated on which city would host the final, when would each of the host countries open, and where would they be based for the group phase of the tournament. Each host city anticipated its allocation of games from the group phase through to the later round games. Three candidates had emerged for the final: Los Angeles' So-Fi Stadium, Dallas' AT&T Stadium, and East Rutherford, New Jersey's Met Life Stadium.

The announcements certainly spurred attention for the host cities and fans looking at where and when they might travel around the United States, Mexico, and Canada. Other than the results of the announcement, the show has to go down as yet another disaster. Dressing FIFA President Gianni Infantino like a rapper was a massive fail. There was no rational argument for Kevin Hart's presence alongside the great Andres Cantor. Other useless distractions included Kim Kardashian and son and Drake. What could have been done easily in a half hour or less dragged on for fifty-two torturous minutes.

Amid the nonsensical chatter, FIFA chose Met Life Stadium for the final. At 82,500 capacity, it is the perfect size to host the biggest game on the planet. It is also within the range of public transport for the United States' main point of entry for visitors from other countries. New York City and its cosmopolitan population has representation for every country that will try to qualify for the World Cup. It was a great host in 1994 and will certainly attract massive throngs in 2026.

Having given the final to Met Life Stadium, FIFA rewarded the other two contenders for the big game for their efforts. AT&T Stadium will host nine games, the most of any venue, including a semifinal. That will require a massive effort, because the stadium is enclosed and has an artificial surface. The hosts will have to convert the field to a natural surface and make sure it can survive the rigors of World Cup football for at least four weeks, far longer that what was accomplished at the Pontiac Silverdome in 1994.

Los Angeles has not had a smooth relationship with FIFA. So-Fi Stadium does not have the correct field dimensions to host World Cup games or a natural surface. FIFA and the stadium's ownership, Stan Kroenke of the Los Angeles Rams, Colorado Rapids, and Arsenal, have fought back and forth over who should foot the bill for the modifications that will reduce capacity to less than the minimum required for hosting the final. Because that has not been resolved, Los Angeles will not host the final. The United States will play its first and third group matches in So-Fi, though. The USA will play there on the second day of the tournament, June 12, and then return to Los Angeles to wrap up group play on June 25. In between, the hosts will go to Seattle on June 19, finally giving the Pacific Northwest the big game it has craved for a long time.

Mexico will open the World Cup on June 11 in the Azteca. It will be the third time Mexico will host the World Cup's opening game. Mexico will follow a similar pattern to the USA and play its second game in a city with a lot of passion: Guadalajara. Like the USA, Mexico will return to its base for the final group game in the Azteca. If Mexico advances as one of the top two in its group, they will likely stay in Mexico and play in either Monterrey or Mexico City.

Canada, the third host country, will play home games in the World Cup for the first time. They will open in Toronto on June 12 before moving to Vancouver for their second and third group games. FIFA wanted to minimize cross country travel as much as possible, but with only two venues in Canada that are quite far apart, they decided to make an exception. It's hard to predict how other nations will be situated, but being drawn with Canada for the group phase will likely mean at least one long trip, if not two for their opponents.

We know the group phase schedule for three teams. The remaining forty-five will have to qualify, most likely prior to December 2025 when the draw will take place. US Soccer and FIFA have yet to announce the venue for the draw, but for something that glitzy Las Vegas would make perfect sense. A number of the US-based venues for the World Cup will get tested this summer by the Copa America and in 2025 by the anticipated FIFA World Club Cup. The excitement for 2026 will start to build with these two tournaments and will peak on June 11, 2026, when the first ball is kicked in the Azteca.

DCFC Womens Indoor Arena Soccer !!!

Detroit City FC Womens were defeated by Louisville Triumph FC, 4-3, this past Saturday.

This was the Detroit City FC Womens first loss in arena soccer.

The Detroit City FC Womens take on the Cincinnati Sirens FC, this Saturday, February 10 at 8:00, at the Detroit City Fieldhouse.

For more information about Detroit City FC, visit detcityfc.com and follow @DetroitCityFC on Twitter and Facebook and @detroitcityfootballclub on Instagram.

Photos below are highlights from Saturdays game between Detroit City FC and Louisville Triumph FC

Photos provided by Detroit City FC (photographer Jon DeBoer)

EDITORIAL OPINION

"MEXICO; DEMOCRACY, YES OR NO?"

By Raoul Lowery Contreras

The race for Mexico's Presidency is in its final three months; there are three candidates. Only two count.

The polling leader is Claudia Sheinbaum, former leader of Mexico City who is the candidate of the Moral Regeneration Party, MORENA, the party founded by President Andres Manuel Lopez Obrador (AMLO) after he lost the 2006 election to Felipe Calderon. AMLO won the Presidency in 2018 by a large margin after twice losing the Presidency in 2006 and 2012. Sheinbaum was and is AMLO's personal choice for President.

He sees her as pushing AMLO's personal campaign to reestablish Mexico as a one-party state like it was when he entered politics and government in the system of the "ruling party" of the Party of the Institutional Revolution -- the infamous PRI.

Sheinbaum is the daughter of Eastern European Jewish parents (Ashkenazi father born in Lithuania who immigrated to Mexico as a child in the 1920s and a Sephardic Bulgarian mother whose family fled Bulgaria in the early 1940's to escape the Holocaust). She graduated from the National University as an environmental engineer.

Running second in polling and improving is free enterprise champion Xochitl (so-cheel) Galvez, former elected mayor of the Mexico City borough of Miguel Hidalgo and federal Senator of the National Action Party (PAN).

Before she entered elective politics, Xochitl was the first General Director of the National Institute of Indigenous People, a cabinet position created by President Vicente Fox (2000-2006) that resembles a combination of the USA's Secretary of Interior and Director of the Bureau of Indian Affairs.

She was born to an indigenous family of an 100% Otomi Indian father and a Otomi/European mestizo mother. She graduated from the National University of Mexico with graduate degrees in computer engineering.

She first entered politics running for Governor of the state of Hidalgo as a coalition candidate and lost with 47% of the vote. She was elected as a National Action Party (PAN) candidate for Mayor of the Mexico City Borough of Miguel Hidalgo, then chosen as a PAN appointed federal Senator. She was nominated as a 2024 candidate for President by a coalition of the National Action Party (PAN), the Democratic Party of the Revolution (PRD) and of the Institutional Revolution Party (PRI) -- the "Broad Front for Mexico."

Her principal political opposition is from President Lopez Obrador who violated Mexican law by viciously campaigning against Xochi and her supporters who he claims are ultra-conservative hard-rightwingers intent of keeping people in poverty and in ripping off the system by stealing billions of pesos through a traditional Mexican way, political corruption.

She founded High Tech Services in 1992. It is such a successful engineering company that her rabid enemy -- President AMLO -- illegally released her business tax returns in an effort to smear Senator Galvez. Additionally, rumors were spread that she made illegal profits in her engineering firm through "sweetheart" contracts with the borough she ran in Mexico City.

The third candidate is Jorge Alvarez Maynez, a state legislature representative of the leftist Citizens Movement Party. He offers little.

Sheinbaum promises to continue what AMLO called the Fourth Transformation of Mexico which translates into an anti-business government that forms its own "businesses" that allegedly help Mexico's poor. Polls this week show that Xochie picked up more percentage points since last week that follow a ten-point jump in the weeks before. Interesting because the campaign hasn't even officially started.

The rejection of AMLO's illegal attempt to monopolize electrical generation for the government's Federal electricity generation was rejected this week by the Mexican Supreme Court as unconstitutional.

AMLO failed to wreck the non-partisan national electoral institute that will run the June 2nd elections in which 20,000 people are running for political office throughout Mexico. This is Mexico's largest election in history. The Institute recruits, trains and pays thousands of people needed to staff the election. AMLO wanted to destroy the institute because he lost the 2006 election; apparently destroying Mexico's fragile democracy was legitimate in his mind because he thinks he won that election despite an internationally recognized recount of votes observed by thousands of international election observers. Very, very Trump-like.

Election day is Saturday, June 2. As to how I stand on who should be President of Mexico, Lopez Obrador is just another lame duck. Xochitl (so-cheel) Galvez is who I see as President of Mexico for the next six years.

Opinions in this column are not necessarily those of the Publisher or Editor

Do you have a contrary opinion? Write us at info@elcentralmedia.com

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Detroit, MI 48209
Misa:
Lunes Viernes: 6:00pm
Domingo: 10:00am, 12:00pm, 6:00pm

First Latin American Baptist Church
313-461-3669
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Detroit, MI

Most Holy Trinity
313-965-4450
1050 Porter St.
Detroit, MI 48226
Misa: Dom 9am

St. Gabriel's
313-841-0753
8118 W. Vernor Hwy
Detroit, MI 48209
Misa: Dom 9:30am, 12:00pm, 7:00pm
Lunes: 6:00pm
Martes: 6:00pm
Miércoles: 9:00am

St. Francis D'Assisi - St. Hedwigs Parish
313-894-5409
3245 Junction
Detroit, Mi 48209
Domingo: 12:00pm
Miércoles: 7:00pm
Jueves: 7:00pm

Ste. Annes Parish
313-496-1701
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Detroit, MI 48216
Misa: Dom 10am

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Winter Comfort Hacks for Contact Lens Wearers

(StatePoint) One in five contact lens wearers find lenses to be less comfortable by the end of the day. If that describes you, you may already know that cold air, wind, and indoor heating, especially during winter, can bring additional challenges.

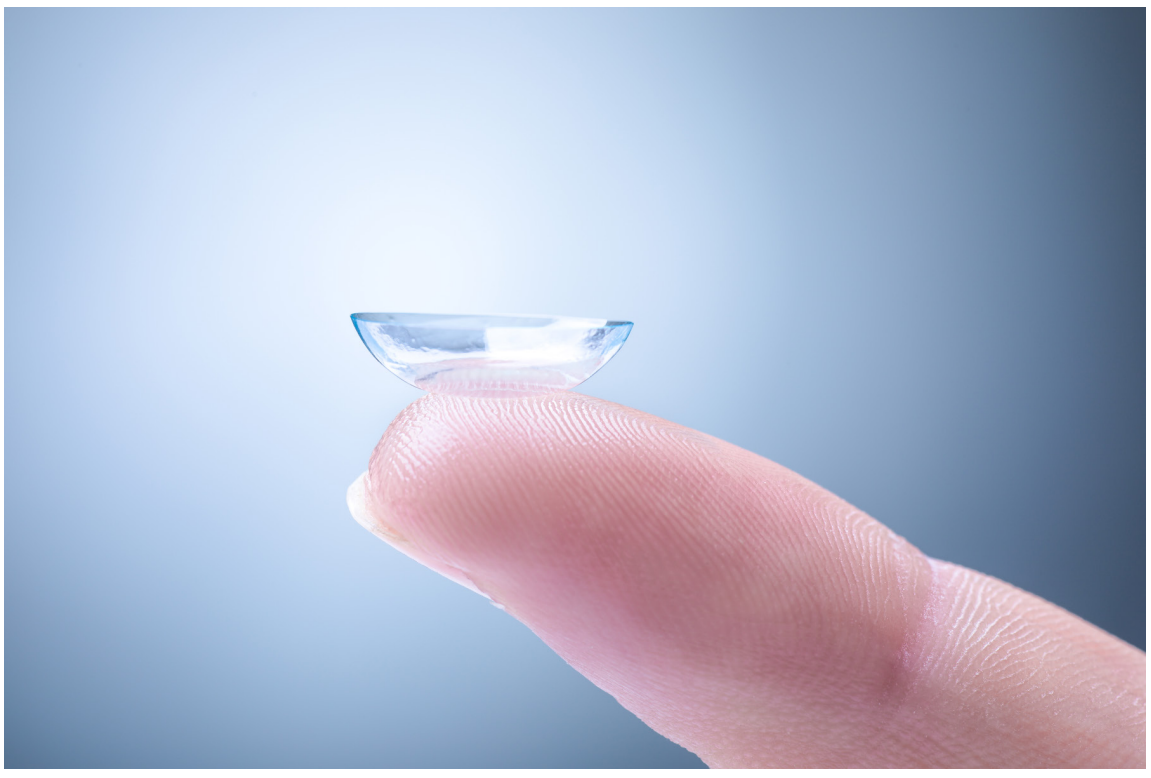
The good news? It doesn't have to be that way. From your morning coffee to post-work happy hour (or gym session), you can help your lenses go the distance in cool weather with these comfort hacks:

1. Control indoor air: Indoor heating reduces humidity, which can result in a drying effect on the lenses. You can help ease the resulting discomfort by turning down the thermostat a bit and by using a humidifier. These days, there are portable mini humidifier models, so it is easy to run one in most rooms or even to bring one to the workplace.

2. Protect winter eyes: Whether you're building a snowman with the kids or enjoying a frosty winter walk in the neighborhood, cold air and wind can dry out the surface of your contact lenses. Add a layer of protection from the elements by wearing UV-blocking sunglasses before stepping outdoors.

3. Follow directions: Whether you gave a huge presentation at work or stayed out a bit too late with friends, it's tempting to fast-track your bedtime routine at the end of a long day, especially as the winter days get shorter and darker. When it comes to contact lens care though, shortcuts like reducing rubbing and rinsing times, or topping off solution mean your lenses aren't getting proper care. Follow the instructions carefully, no matter how exhausted you are, and always remove your lenses before falling asleep.

4. Clean and moisturize: Contact lens wearers who wear contacts that are replaced weekly, biweekly, or monthly may attribute various challenges to wearing their lenses during the winter season, including dryness and irritation. However, using a contact lens solution that conditions and hydrates lenses can help with all-day comfort. Choose a multi-purpose solution recommended by board-certified optometrists that's uniquely formulated for dry, uncomfortable contact lenses, such as Biotrue Hydration Plus Multi-Purpose Solution. Offering exceptional cleaning and disinfection, and dissolving protein build-up, it's formulated with your eyes' biology in mind to promote all-day hydration. In fact, it keeps more moisture on your contacts (for 12 hours compared to the original Biotrue Multi-Purpose Solution, based on a laboratory study) as well as provides up to 20 hours of moisture (based on a laboratory study). For more information and complete use instructions, visit biotrue.com.



5. Pack right for holiday and winter travel: Long flights and dry cabin air can leave contact lenses feeling dry. Biotrue Hydration Plus Multi-Purpose Solution also comes in a convenient travel-sized bottle and meets TSA regulations as a medically necessary liquid, so it can be easily tossed into your carry-on to equip your contacts for comfort. And to provide instant moisture and comfort to lenses, try using Biotrue Hydration Boost Contact Lens Drops, a preservative-free hydrating formula enhanced with bio-inspired ingredients.

6. Take inventory of your habits: Are you enjoying increased screen time as you spend more time indoors? Be sure to practice self-care and take regular screen breaks. Every 20 minutes, look 20 feet away for 20 seconds.

By employing these lens-related comfort hacks, you can help contacts feel comfortable this winter, and beyond.

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Trucos de comodidad invernal para usuarios de lentes de contacto

(StatePoint) Uno de cada cinco usuarios de lentes de contacto considera que los lentes son menos cómodos al final del día. Si esto lo describe a usted, es posible que ya sepa que el aire frío, el viento y la calefacción interior, especialmente durante el invierno, pueden presentar desafíos adicionales.

¿Las buenas noticias? No tiene por qué ser así. Desde el café de la mañana hasta el happy hour después del trabajo (o una sesión de gimnasio), puedes ayudar a que tus lentillas lleguen hasta el final cuando hace frío con estos trucos de comodidad:

1. Controle el aire interior: La calefacción interior reduce la humedad, lo que puede provocar un efecto de secado en las lentes. Puedes ayudar a aliviar el malestar resultante bajando un poco el termostato y usando un humidificador. Hoy en día, existen modelos de mini humidificadores portátiles, por lo que es fácil utilizar uno en la mayoría de las habitaciones o incluso llevarlo al lugar de trabajo.

2. Proteja los ojos en invierno: Ya sea que esté construyendo un muñeco de nieve con los niños o disfrutando de un paseo helado en invierno por el vecindario, el aire frío y el viento pueden secar la superficie de sus lentes de contacto. Agregue una capa de protección contra los elementos usando gafas de sol que bloqueen los rayos UV antes de salir al aire libre.

3. Siga las instrucciones: Ya sea que haya hecho una gran presentación en el trabajo o se haya quedado fuera hasta tarde con amigos, es tentador acelerar su rutina a la hora de acostarse al final de un largo día, especialmente cuando los días de invierno se vuelven más cortos y oscuros. Sin embargo, cuando se trata del cuidado de las lentes de contacto, los atajos como reducir los tiempos de frotamiento y enjuague, o completar la solución significan que sus lentes no reciben el cuidado adecuado. Sigue las instrucciones atentamente, por muy cansado que estés, y quítate siempre las lentillas antes de quedarte dormido.

4. Limpiar e hidratar: Los usuarios de lentes de contacto que usan lentes de contacto que se reemplazan semanalmente, quincenalmente o mensualmente pueden atribuir varios desafíos al uso de lentes de contacto durante la temporada de invierno, incluida la sequedad y la irritación. Sin embargo, usar una solución para lentes de contacto que acondicione e hidrate las lentes puede ayudar a mantener la comodidad durante todo el día. Elija una solución multiusos recomendada por optometristas certificados que esté formulada exclusivamente para lentes de contacto secas e incómodas, como la solución multiusos Biotrue Hydration Plus. Al ofrecer una limpieza y desinfección excepcionales y disolver la acumulación de proteínas, está formulado teniendo en cuenta la biología de los ojos para promover la hidratación durante todo el día. De hecho, mantiene más humedad en sus contactos (durante 12 horas en comparación con la solución multiusos Biotrue original, según un estudio de laboratorio) y proporciona hasta 20 horas de humedad (según un estudio de laboratorio). Para obtener más información e instrucciones de uso completas, visite biotrue.com.

5. Empaque bien para las vacaciones y los viajes de invierno: Los vuelos largos y el aire seco de la cabina pueden dejar las lentes de contacto secas. La solución multiusos Biotrue Hydration Plus también viene en una práctica botella de tamaño de viaje y cumple con las regulaciones de la TSA como líquido médicamente necesario, por lo que puede llevarse fácilmente en su equipaje de mano para equipar sus lentes de contacto para mayor comodidad. Y para proporcionar humedad y comodidad instantáneas a las lentes, intente usar las gotas para lentes de contacto Biotrue Hydration Boost, una fórmula hidratante sin conservantes mejorada con ingredientes bioinspirados.

6. Haga un inventario de sus hábitos: ¿Disfruta de un mayor tiempo frente a la pantalla a medida que pasa más tiempo en interiores? Asegúrese de practicar el cuidado personal y tomar descansos regulares frente a la pantalla. Cada 20 minutos, mire a 20 pies de distancia durante 20 segundos.

Al emplear estos trucos para la comodidad relacionados con las lentes, puede ayudar a que las lentes de contacto se sientan cómodas este invierno y más allá.

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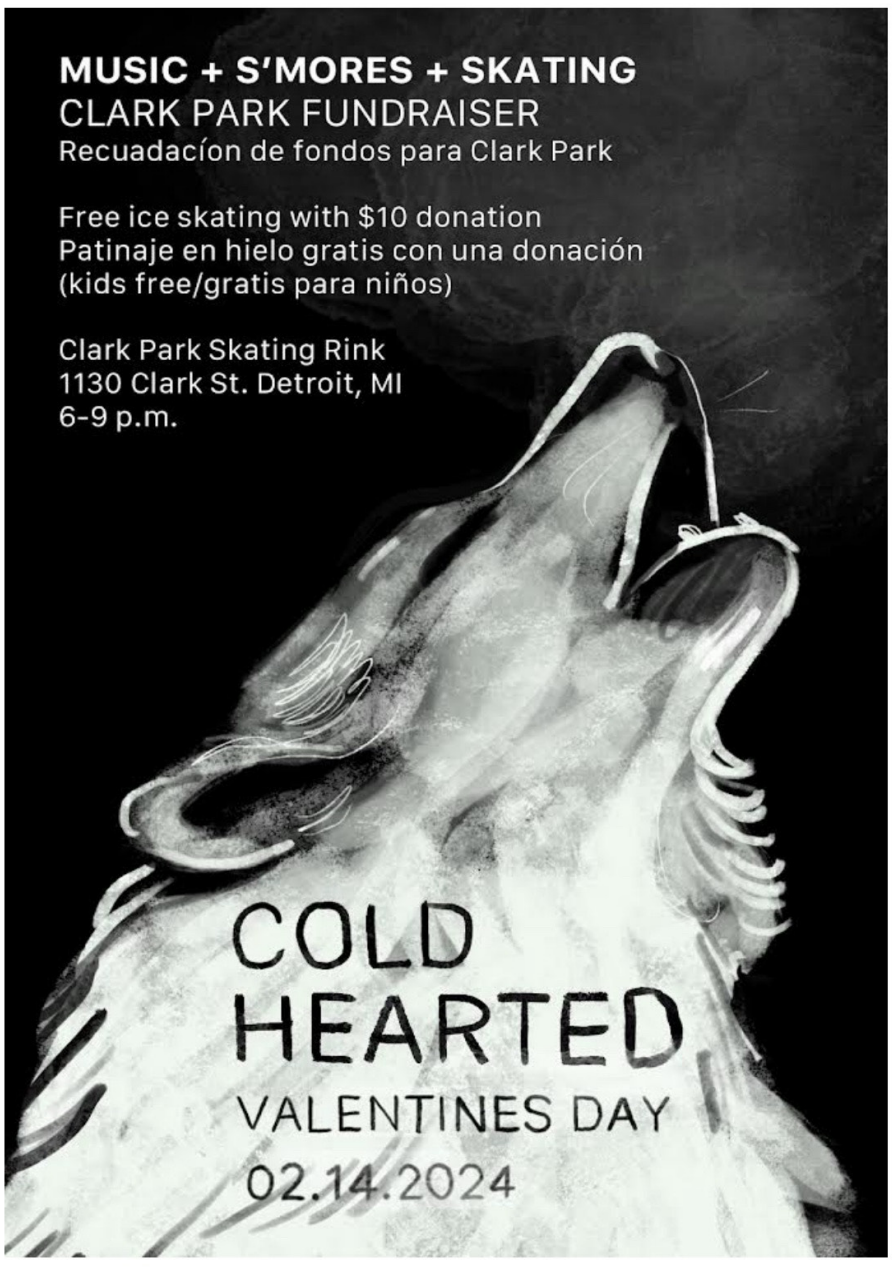

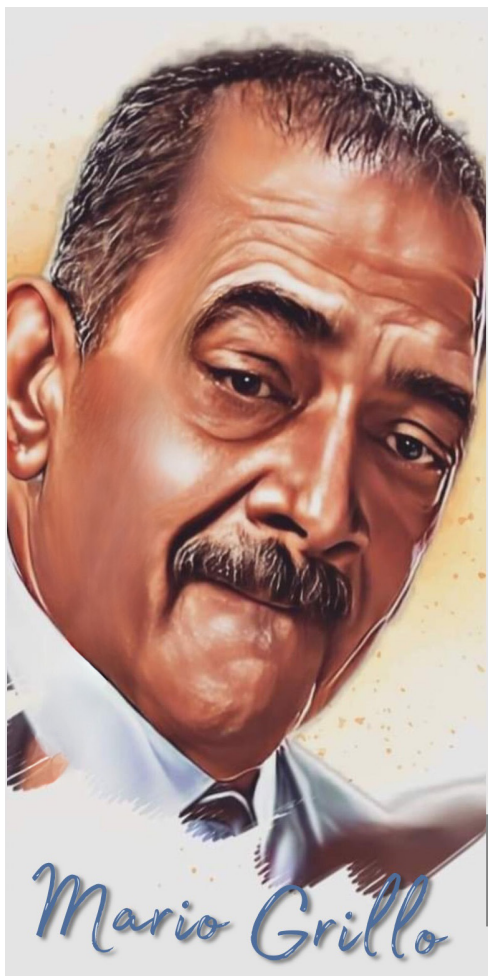

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